



I May

**MOVE**



# Welcome to I May Move!

I May Move is our annual fitness challenge, aiming to get people moving more in the month of May and hopefully acting as the first step towards a healthier lifestyle.

Fitness is a personal journey, I May Move encourages more movement but in a way that suits you as an individual. Exercise should be enjoyable, there's lots of ways to have fun whilst moving more and getting fitter at the same time.

Exercise can be a solo endeavor or why not form a group to encourage each other and set a challenge to reach together.



# Why do we need to get moving?

Wakefield is an ageing population with lower health and life expectancies than the national average. To age better and be able to enjoy our later life, we need to make changes now to improve our health and quality of life.



Population: 357,729  
(estimate 2022)



The population is predicted to increase to 385k by 2030



Life expectancy for males in Wakefield is 77.3 years  
V national average 78.7 years



Healthy life expectancy in Wakefield is 57 years for males



76% of adults are overweight (including obesity) in Wakefield (2021-22)

13% of adults are smokers



Life expectancy for females in Wakefield is 80.9 years  
V national average 82.7 years



Healthy life expectancy in Wakefield is 58 years for females



26% of adults in Wakefield said they experienced depression



# How can you get involved?

- Fundraising
- Sign up to share your exercise journey
- Share your fitness class offer
- Volunteer





# Fundraising

I May Move  
JustGiving



Age UK Wakefield District is a local charity and as such, we raise funds to continue and improve the support we provide for the older community of Wakefield.

During May, we offer the fundraising opportunity of signing up to exercise each day in the Month of May. Every day you complete your personal exercise goal, pop £1 in a jar BUT if you miss a day, you add £2, meaning at the end of the month you have an amount to donate via our dedicated I May Move JustGiving page.

Or for a more traditional method of fundraising, why not pick a fitness challenge you've always wanted to try and gather sponsorship in support of our charity?



Wakefield District ageUK Let's change how we age						
MAY 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Scan with your  
camera to  
download a handy  
day countdown



We can offer support through online and paper sponsorship forms, promoting your challenge through our social media channels, providing an I May Move T-shirt and of course, cheering you on all the way!



# Share your journey

Whatever your chosen fitness challenge, if you'd like Age UK Wakefield District to be involved, offer support and champion your progress, get in touch so we can share your story with our followers and offer encouragement to other participants.

You can call us on 01977 552114 or email [comms@ageukwd.org.uk](mailto:comms@ageukwd.org.uk)

We'd love to hear from you.



If you'd like to be involved without fundraising, you might like to purchase an I May Move T-Shirt, they are priced at £12 for adults, £10 for children - yep, why not get the kids and grandchildren involved?!



# Share your fitness class



Do you run an exercise class in Wakefield? Why not offer a free taster session during the month of May?

We like to encourage people to try things they have never done before and I May Move can be the perfect incentive.

By offering a one off free event or coupon for 1st time free, you can help people find their perfect exercise fit.

Just get in touch with the details of your class and your offer and we can talk through options for promoting and maybe offering accompanied visits for people nervous to take that first step.

**01977 552114**

**[admin@ageukwd.org.uk](mailto:admin@ageukwd.org.uk)**

# Volunteer

There's lots of ways to get involved through volunteering which as we know, is great for mental health and can improve your physical health too!

## Step Out

The Age UK Wakefield District Step Out team supports people who are worried about getting out and about in their community. Our staff and volunteers accompany people to the shops, on public transport or maybe a local park for a walk.



## Parkrun

Each year we have an Age UK Wakefield District “take over” where we fill the volunteering roles from time keeper to Tailwalker who is always the last to cross the line and support those at the back. This event is also a fantastic opportunity to complete your first Parkrun with the added support of the Age UK Wakefield District team.



**And so many more, just call us for a chat with our volunteering manager 01977 552114**



# Why your support matters

Age UK Wakefield District is a local charity, all money raised stays in Wakefield and helps our older community. Wakefield has an ageing population and demand on our services has grown year on year since the lockdown's in 2020.

## Cath's Story

My husband died unexpectedly when he was 67. We had never spent a night apart during our 43 years of marriage and now, all of a sudden I was alone, without my best friend to talk to, to get advice from and to have a laugh with. We always thought we'd be ok with his pension, but I was shocked to find out that, with his death, I was no longer entitled to his pension. I'd been a housewife so only had my small state pension to live on. I was scared, lonely and having to chose between heating and eating. I first came across Age UK Wakefield District at a Time for Tea event in The Ridings, I insisted I didn't need help, I felt embarrassed but they were so kind. They helped me find benefits I didn't even know about! I've been able to afford to go on a trip with them and made some new friends, they have changed my life, I don't know where I would be without them.

## Befriending

Around 20,705 people over 65 live alone in Wakefield\*. We carefully match volunteers with isolated people, providing company, conversation and companionship. Both volunteers and the people they visit, say they benefit from this service, it starts new friendships and reduces the feeling of loneliness. Each match costs around £100 to set up, provide training and support for the volunteer. Your fundraising could help start something wonderful for a lonely older person



**These are small examples of the work we do and the people we help, but we can't do it without your support. Thank you for all that you do**

\*According to analysis of census 2021 data by the PA news agency, 20,705 people over the age of 65 lived alone in Wakefield

**However you'd like to get involved, maybe you've got a new idea for us!**

**Please get in touch so we can discuss next steps and start you on your I May Move journey.**

**01977 552114**

**[admin@ageukwd.org.uk](mailto:admin@ageukwd.org.uk)**